



Be Food Safe! Prepare With Care

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### Seeing Isn't Believing

Many people assume that if a hamburger is brown in the middle, it is done. However, looking at the color and texture of food is not enough—you have to use a food thermometer to be sure! According to USDA research, **1 out of every 4** hamburgers turns brown before it reaches a safe internal temperature. The only safe way to know if meat, poultry, and egg dishes are “done” is to use a food thermometer. When a hamburger is cooked to **160 °F**, it is both safe and delicious!



### Be Food Safe! Prepare With Care

Know how to prepare, handle, and store food safely to keep you and your family safe. Bacteria can grow on meat, poultry, seafood, eggs, and dairy products, as well as cut-up or cooked vegetables and fruits.

#### **CLEAN:** Wash hands and surfaces often

Wash your hands with warm, soapy water for 20 seconds before and after handling food. Wash your cutting boards, dishes, etc., with hot, soapy water after preparing each food item. Wash fruits and vegetables with cold water before using. There is no need to wash or rinse meat or poultry.

#### **SEPARATE:** Don't cross-contaminate

Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing. Never place cooked food on a plate which previously held raw meat, poultry, or seafood.

#### **COOK:** Cook food to proper temperatures

Use a food thermometer to be sure!

#### **CHILL:** Refrigerate Promptly

Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours or sooner.

### Fiesta Burgers

Makes 4 servings.

- 1 ½ pounds ground beef
- ¼ cup onion, chopped
- 2 tablespoons red bell pepper, finely chopped
- 3 tablespoons picante sauce or salsa
- 2 teaspoons prepared Dijon-style mustard
- 1 tablespoon prepared horseradish (optional)
- salt and pepper to taste
- 4 sesame seed hamburger buns
- leaf lettuce and sliced tomatoes

#### **Wash hands with soap and warm water for 20 seconds before handling the meat.**

In a bowl, mix ground beef with onion, red pepper, picante sauce or salsa, mustard, horseradish (if desired), salt, and pepper.

Form into four burgers, about ¾ inch thick.

#### **Wash hands with soap and warm water for 20 seconds after handling the meat.**

Using utensils, place burgers on grill that has reached medium-high heat.

Check each burger with a food thermometer after approximately 10–15 minutes. Turn burgers as needed. **A hamburger is done when it reaches 160 °F.**

Clean the thermometer between uses with hot, soapy water.

Place burgers on buns and top with condiments and garnishes of choice.

After checking the final temperature, remember to clean the food thermometer with hot, soapy water.



USDA Meat and Poultry Hotline  
1-888-MPHotline (1-888-674-6854)  
TTY: 1-800-256-7072

[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)

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Food Safety and Inspection Service



“Is it **done** yet?”

You can't tell  
by **looking**. Use a  
**food thermometer**  
to be sure.



[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)



Thermometers Aren't Just for Turkey Anymore

These days, food thermometers aren't just for your holiday roasts—they're for all cuts and sizes of meat and poultry, including hamburgers, chicken breasts, and pork chops. Using a food thermometer when cooking meat, poultry, and even egg dishes is the only reliable way to make sure you are preparing a safe and delicious meal for your family.



Did you know?

The Centers for Disease Control and Prevention estimate that every year about 76 million people in the United States become ill from harmful bacteria in food; of these, about 5,000 die.

Why Use a Food Thermometer?

Everyone is at risk for foodborne illness. One effective way to prevent illness is to use a food thermometer to check the internal temperature of meat, poultry, and egg dishes. Using a food thermometer not only keeps your family safe from harmful food bacteria, but it also helps you to **avoid overcooking**, giving you a safe and flavorful meal.

Some people may be at high risk for developing foodborne illness. These include pregnant women and their unborn babies and newborns, young children, older adults, people with weakened immune systems, and individuals with certain chronic illnesses. These people should pay **extra** attention to handle food safely.

What Are the Signs of Foodborne Illness?

The signs and symptoms of foodborne illness range from upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness—even death. Consumers can take simple measures to reduce their risk of foodborne illness, especially in the home.



“Is It Done Yet?”  
How To Use a Food Thermometer

- 1. Use an instant-read food thermometer to check the internal temperature toward the end of the cooking time, but before the food is expected to be “done.”

- 2. The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle.
- 3. Compare your thermometer reading to the USDA Recommended Internal Temperatures to determine if your food has reached a safe temperature.
- 4. Make sure to clean your food thermometer with hot, soapy water before and after each use!

Large-dial oven-safe or oven-probe thermometers may be used for the duration of cooking.

Because there are so many types of food thermometers, it is important to follow the instructions for your food thermometer.



www.IsItDoneYet.gov

USDA Recommended Internal Temperatures



Whole Chicken  
180 °F



Chicken Breasts  
170 °F



Egg Dishes  
160 °F



Ground Beef  
160 °F



Pork  
160 °F



Fish  
145 °F



Steaks & Roasts  
145 °F